

Book 2

Yawmul Sabt

Saturday, December 16th 2023

Title: Intellectual Patterns: 16_12_2023: The 'Negative'
manifestation of "The Patterns issue"

BismilLahirRahmaanirRaheem

In The Name of Allah, The Entirely Merciful, The Especially
Merciful

Text/ Matn

1. I had gone out for a walk to the library to carry out some scanning of some of my old hand-written manuscripts, but my brain felt like it was intellectually deranged i.e. like the eye "patterns" issue I used to describe in my old manuscripts, earlier this year, but now it feels like "intellectual" patterns"- my brain not feeling like it is in a congruent state with my spirit, and the rest of my faculties

i.e. lack of synchrony between my brain/ intellect, and the rest of my faculties i.e. mind, body, soul, emotions; lack-of-synchrony between my existence/ being/ faculties

- Wa Allahu A'lam

2. So, I immediately came home, turned on the Quraan, rested, and slept for about an hour;

When I woke up, I felt existential-synchrony again with all/ most of my faculties, including my intellect; I felt like my intellect/ brain was back in synchrony with my existence/ being/ faculties(for lack of better terminologies)

- Wa Allahu A'lam

- And Allah knows best

- Alhamdulillah, wassalaatu wassalaam 'alaa Rasuulillah

3.